



LOCKDOWN COMFORT FOOD

Delicious, meat-free dishes the whole family will love

TOMATO AND ROASTED RED PEPPER SOUP

(Serves 4-6)

FRESH

- 2 red peppers
- 2 red onions
- 2 cloves garlic
- 1 large carrot
- 1 stalk celery
- 6 sundried tomatoes
- flatbreads/ seed crackers

STORE CUPBOARD

- 35ml olive oil
- 10ml smoked paprika
- 3ml cayenne pepper
- 2 tins whole peeled tomatoes
- 500ml vegetable or chicken stock
- salt and milled black pepper
- green pesto (basil or coriander)